48 Toh Guan Road East #02-135
Singapore 608586
UEN: T14SS0018D

ANNUAL REPORT

REPORTING YEAR ENDED 31 DECEMBER 2023

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COMMITTEE'S REPORT

Inception & Objectives

The Ostomy Association of Singapore was officially registered on 27th January 2014.

The aims of our non-profit organisation are:

1. to speed up the rehabilitation of patients who have undergone colorectal surgery or urinary tract diversion surgery by offering reassurances, emotional support, appropriate advice and practical information to patients and their caregivers both before and after surgery,

2. to promote better understanding and foster friendship and bonding among the ostomates and colorectal cancer survivors through mentoring and shared experiences'

3. to provide information and encouragement concerning all aspects of stoma care and

4. to educate and increase public awareness about colorectal cancer

Present Committee

The office-bearers and committee members of the Association are as follows:

President	: Ellil Mathiyan
Vice-President	: Debbie Koh LingZhi
Secretary	: Gloria Goh Moy Nan
Treasurer	: William Chong Jun Hua
Logistics Committee Member	: Francis Goh Guat Beng
Training & Development Committee Member	: Prabu Naidu

Membership

The details of the current membership are as follows:

Ordinary Members Fellow Members	784 10
Associate Members	33
Honorary Members	3
Total Membership	**830**

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Ongoing Programmes

Collection & Redistribution of donated stoma supplies

The OAS has started a collection service for those who wish to donate surplus stoma supplies. These supplies were then re-distributed to OAS members.

We have since carried out three quarterly distribution exercises, with a total of 4,691 items distributed to members across the island.

Patients' On-Line Support Hub (P.O.S.H)

The Ostomy Association of Singapore (OAS) provides support for those living with ostomies, or who may have had, or will end up having ostomies for colorectal or urological conditions. We offer reassurance, emotional support, appropriate advice and practical information not only to survivors and patients, but also to their caregivers, both before and after surgery.

During this pandemic, we came up with an online platform to continue to provide this essential support for those who need it.

We have continued to maintain this platform to provide another avenue of support for newly diagnosed patients and their families, as well as current members an anyone who needs support or information, via this zoom link: http://bit.ly/POSHcsr

Significant Events

1. Ninth (9th) Annual General Meeting

The Eighth OAS AGM was held on 24th June 2023 at Deck on 9, Block 6 Level 9, Singapore General Hospital, Outram Road, Singapore 169608. During the AGM, along with the adoption of resolutions, the following office bearers were elected unanimously by the members present:

President: Ellil Mathiyan Lakshmanan
Vice President: Debbie Koh LingZhi
Treasurer: William Chong Jun Hua
Secretary: Gloria Goh Moy Nan
Committee Member (Logistics) : Francis Goh Guat Beng
Committee Member (Training & Development) : Prabu Naidu
Data Protection Officer: Bharati Borkar

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2. OAS Patient and HCP Education Series & Events

A series of webinars were held in collaboration with our Industry Partners, Coloplast and Convatec, as well as the Singapore Cancer Society, under the Patient and Healthcare Professional Educations series. These were well received by the members and healthcare professionals, as evidence by the attendance numbers as well as active participation on the Q&A and Panel Discussion segments.

In addition, as a Continuous Professional Education (CPE) Provider, OAS has applied to the Singapore Nursing Board to award nurses who attend with CPE points.

12th January 2023 - Convatec Advanced Disease-based Webinar Series Urostomy Case Complication

25th February 2023 - Coloplast Caregiver Event

17th May 2023 - Convatec Advanced Disease Based Education Series

14th September 2023 - Convatec Webinar

16th September 2023 - Coloplast Care Event

30th September 2023 - Convatec Bollywood Outing











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3. Khoo Teck Puat Hospital Surgisupport Group Launch – 14th January 2023

Khoo Teck Puat Hospital launched their SurgiSupport Group, to provide community-based support for patients in the surrounding zones. Ostomy Association of Singapore is honoured to partner KTPH in this community care initiative.



4. Caregiver Training with 365 Cancer Prevention Society – 17th June 2023

Bringing the caregiver resources to the heartlands - to the community - where it is needed most. The Ostomy Association of Singapore in collaboration with 365 Cancer Prevention Society and Changi General Hospital (CGH), conducted a Caregiver Training (CGT) Workshop for ostomates and their Caregivers. The session was very well received and we are looking forward to training and empowering both patients and Caregivers in the community to be more engaged in their own care and the care of their loved ones.





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5. Ostomy Awareness Day Seminar – 7th October 2023

Ostomy Awareness Day 2023 was co-organised by Tan Tock Seng Hospital (TTSH) and the Ostomy Association of Singapore in collaboration with the hospitals from across the three healthcare clusters.

The focus this year was Mental Health and we had rich and powerful sharing by a psychologist, medical social worker, patient and Caregiver.

Thanks to our industry partners for their staunch and continued support. They play an integral part in our healthcare ecosystem, and an even more important in in creating a community of care.





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6. APFCP-ASSR-ASPOA Conference, Suntec City 19th – 21zt October 2023

We successfully held the 4th Congress of the Asia and South Pacific Ostomy Association, in conjunction with the 19th Congress of The Asia Pacific Federation of Coloproctology and the 13th Congress of the Asian Society of Stoma Rehabilitation.

Thanks to our invited speakers Ms. Thng Esther and Dr. Martha Tara Lee the country representatives and all delegates and friends from around the region.

We would also like to acknowledge and appreciate the efforts of the ASPOA Exco for their leadership, the volunteer core-team from the Ostomy Association of Singapore, and the enthusiastic OAS event volunteers.

Honoured to have our President, Ellil Mathiyan Lakshmanan elected as the 5th Member of the Executive Committee, and since been re-designated as Interim Vice-President, of the Asia and South Pacific Ostomy Association. We are looking forward to working with this dynamic team to achieve the objectives of our strategic plan.











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7. Singapore Health Patient Advocate Connection (SPACe) - 4th November 2023

OAS participated in the Singapore Health Patient Advocate Connection (SPACe) 2023 where we set up a booth showcasing our programmes and services.

Thanks to SingHealth Patient Advocacy for (SPAN) Secretariat for inviting us to participate in the Networking Gallery.





8. OAS-CGH Year-End Event – 25th November 2023

The Year-End was jointly organised by OAS and CGH with exciting performance items and a grand luck draw. The OAS Volunteers held a charity drive in conjunction with the event and sold items at the OAS Booth at Celebrating Mental Wealth, CGH, Main auditorium level 1.

The beautiful crochet items priced from $5 to $35 are lovingly crafted by committee member Gloria for a wonderful cause.









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9. Befriender Training Programme with Parkinson Society - January 2023

The Para-Counselling Course was jointly organised by Parkinson's Disease Society Singapore and Ostomy Association of Singapore. Great facilitation and role-playing made for two engaging sessions from start to end. Huge thanks to the counsellors, and to PSS for the venue and facilities.





10. Upcoming Events

Befriender Training Program

Objective

The aim of the program is to train suitable patients and caregivers so that they can provide support to not only newly diagnosed patients and their families, but also those who have already undergone treatment and a struggling to manage and cope with their condition.
The program design should be such that it is sustainable, and ensure that it can be used for future runs without having to duplicate efforts.

The pool of Patient Ambassadors we have now is dwindling rapidly, hence the urgency to start this program as soon as possible.

Contributors

The contributors to the program, both in terms of development and delivery, are as follow:

1. Tan Pei Yi – Principal Medical Social Worker, Singapore General Hospital
2. Training & Development Expert – Prabu Naidu, Founder Facilitators Network Singapore
3. Josephine Ong Yun Ting – Senior Staff Nurse, Specialty Nursing, Changi General Hospital
4. Aw Hui Zhen – Senior Physiotherapist and Deputy HOD, Singapore Cancer Society
5. Wong Hui Xin - Founder and Principal Dietitian at Healthier U
6. Patient Expert – Ellil Mathiyan Lakshmanan, 13-year Ostomate & Rectal Cancer Survivor

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Ostomy Day 2024 - @NCCS – 12th October 2024

The Ostomy Day 2024 event will be co-organised by OAS and SGH, in collaboration with all the re-structured hospitals in Singapore and a few service provider.

Looking Forward

We will continue to work on the prioritised list activities in the Service Design Study for delivery of programmes and services to our members, namely: Structured Activities To Foster Friendship & Bonding Among Ostomates, Providing More Personalised Support For Ostomates and Providing More Information To Ostomates In A Structured Manner.

We have already piloted the Ostomy-Friendly Toilet in CGH,and we will be expanding our Ostomy-Friendly Toilet to other hospitals, before reaching out to the commercial buildings, as well as to the authorities like BCA to mandate the required features in all handicapped toilets in all buildings. This will of course require that ostomates be given access to handicapped toilets, another issue that needs to be taken up with the powers that be.

Providing financial assistance to needy ostomates is another area that OAS is embarking on and will continue to evaluate how we can reach out to those who fall between the cracks and are not able to get subsidies from existing assistance schemes.

Also under consideration is issuing ostomates with a identification card to ostomates to gain access to handicapped/Ostomy Friendly Toilets.

Conclusion

OAS is now a Panel Member of the Consumer Engagement and Education (CEE) arm of the Agency for Care Effectiveness under the Ministry of Health. We will proceed to make more headway in this respect, especially to the relevant departments responsible for healthcare policies which will directly impact those living the condition.

We will remain focused on the need of the ostomates in our community and continue to stive to make those living with the condition Feel Good and Live Better.

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STATEMENT BY THE COUNCIL OF THE SOCIETY

In the opinion of the Board of Governors,

(a) the accompanying financial statements are drawn up so as to give a true and fair view of the financial position of the Society as at 31 December 2023 and the financial performance, changes in funds and cash flows of the Society for the year ended on that date in accordance with the provisions of the Societies Act, Chapter 311, the Charities Act, Chapter 37 and Singapore Financial Reporting Standards; and

(b) at the date of this statement, the ability of the Society to pay its debts as and when they fall due depends on the ability of the Society to raise funds from other sources.

(c) the total fund-raising expenses for the financial year does not exceed 30% of the total gross receipts from fund-raising.

Ellil Mathiyan Lakshmanan
President

Debbie Koh LingZhi
Vice-President

Gloria Goh Moy Nan
Secretary

William Chong Jun Hua
Treasurer

Dated: